

## Preparation for Enteroscopy: MIRALAX

**FIVE DAYS PRIOR to your procedure:** If you are on Coumadin or Plavix you need to stop taking the medication. **Otherwise continue to take all other medications as usual including the day of the procedure as long as it is 4 hours before arriving to the facility.**

**Three days prior to your procedure:** **Stop Iron and Fiber supplements (Wheat bread, oat meal, bran, fruit, vegetables, nuts).** You may have proteins, dairies and starches. After you're procedure you may return to your normal diet.

**Two Days prior to the procedure:** After lunch, begin a clear liquid diet. You'll continue this diet till 4 hours prior to your procedure time. Coffee is not a clear liquid. **NO RED, ORANGE & PURPLE COLORS. IF YOU ARE A DIABETIC DO NOT DRINK ANY DIET LIQUIDS IT MAY CAUSE YOUR SUGAR TO DROP.**

**What is needed:** (found over the counter at any pharmacy):  
Ducolax tablets (you need 4 pills) and a 119-gram bottle Miralax you will need both. Also needed is 32ozs of a clear liquid such as Gatorade or Crystal Lite. **You cannot have RED, PURPLE or ORANGE colors.**

**One Day prior to the procedure:** You may start your preparation as early as you would like to but you need to make sure you start it no later than 4pm. First take 2 Ducolax tablets. One hour later mix the entire bottle of Miralax with 32oz of clear liquid, shake until Miralax is dissolved. **Slowly drink an 8oz glass of Miralax about every 15-20 minutes until 32oz are consumed. Wait 1 hour then take the last 2 Ducolax tablets.**

**Important Notes:** You CANNOT drive after the procedure. A friend or relative can stay with you or pick you up. You will be at the facility about 2-3 hours in total. If a biopsy was taken please call our office 10 days after your procedure for results. If you need to reschedule your appointment please contact the office at (714) 542-5288, 72 BUINESS HOURS prior to the scheduled appointment time, **if you No-Show to your appointment there will be a \$100.00 cancellation fee THERE WILL BE NO EXCEPTIONS**